

V-10		RIDER WEIGHT	SPRING	PRELOAD	SAG	PRESSURE		VOLUME	BEGIN	END	REBOUND
PROGRESIVE 5th ELEMENT COIL SHOCK OPTIONAL COIL SPRING: 550	100 lbs (45.5 kg)	400	3 mm	24 mm	80 psi (5.5 bar)	5 Ret	2 Ret	2 Ret	4 Ret		
	120 lbs (54.4 kg)	400	5 mm	24 mm	100 psi (6.9 bar)	4 Ret	2 Ret	2 Ret	3.75 Ret		
	140 lbs (63.5 kg)	450	3 mm	28 mm	80 psi (5.5 bar)	5 Ret	2 Ret	2 Ret	3.25 Ret		
	160 lbs (72.6 kg)	450	5 mm	28 mm	100 psi (6.9 bar)	4 Ret	2 Ret	2 Ret	3 Ret		
	180 lbs (81.8 kg)	450	7 mm	28 mm	120 psi (8.3 bar)	3 Ret	2 Ret	2 Ret	2.75 Ret		
	200 lbs (90.7 kg)	500	3 mm	28 mm	100 psi (6.9 bar)	4 Ret	1 Ret	1 Ret	2.5 Ret		
	220 lbs (99.8 kg)	500	5 mm	28 mm	120 psi (8.3 bar)	3 Ret	1 Ret	1 Ret	2.25 Ret		
	240 lbs (108.8 kg)	500	5 mm	28 mm	120 psi (8.3 bar)	3 Ret	1 Ret	1 Ret	1.5 Ret		
FOX DHX 5 COIL SHOCK OPTIONAL COIL SPRING: 550	RIDER WEIGHT	SPRING	PRELOAD	BOOST VALVE		PRO PEDAL	BOTTOM-OUT	REBOUND			
	100 lbs (45.5 kg)	400	1 turn	150 psi (10.3 bar)	7 Ret	1.5 Ret	7 Ret				
	120 lbs (54.4 kg)	400	1 turn	150 psi (10.3 bar)	7 Ret	1.5 Ret	7 Ret				
	140 lbs (63.5 kg)	450	1 turn	150 psi (10.3 bar)	7 Ret	1.5 Ret	7 Ret				
	160 lbs (72.6 kg)	450	1 turn	150 psi (10.3 bar)	7 Ret	1.5 Ret	7 Ret				
	180 lbs (81.8 kg)	450	1 turn	150 psi (10.3 bar)	7 Ret	1.5 Ret	7 Ret				
	200 lbs (90.7 kg)	500	1 turn	150 psi (10.3 bar)	7 Ret	1.5 Ret	7 Ret				
	220 lbs (99.8 kg)	500	1 turn	150 psi (10.3 bar)	7 Ret	1.5 Ret	7 Ret				
240 lbs (108.8 kg)	500	1 turn	150 psi (10.3 bar)	7 Ret	1.5 Ret	7 Ret					